



Town of Rocky Hill

761 OLD MAIN STREET • ROCKY HILL, CT 06067

The Rocky Hill Pivotal Press Senior Citizen Newsletter

Parks & Recreation Department

Cathy Sylvester • Denise Sanderson

Senior Center

(860) 258-2726 / 258-2786 • FAX (860) 258-7666

Birthplace of the Brigantine "Minerva"



JULY 2016



LUNCH FOR SENIOR CITIZENS

The Rocky Hill Parks & Recreation Department offers a five-day a week lunch program for senior citizens. Lunches are served **Monday through Friday** at **12:00 noon** in the Community Center Lunch Room. Doors open at 10:00 a.m. Monday and at 10:30 a.m. Tuesday through Friday. The cost is **\$3.50** for Center members, **\$4.00** for Out of Town residents who are members, **\$5.00** for residents of Rocky Hill who are not Senior Center Members, and **\$7.00** for out of town seniors who are not members. Those interested in **registering** must call the Senior Center Office at 258-2786 to register **1 DAY IN ADVANCE** and before 4:30pm. **SENIORS NOT CHECKED OFF ON LUNCH FORM CANNOT BE GUARANTEED LUNCH.**

Join Me For Lunch



SENIOR CENTER GUEST POLICY

Rocky Hill Senior Center members can bring guests to lunch no more than **4 times a year**. Cost for guests will be **\$3.50**/per person.

Guests must be registered 1 day in advance.

*The guest policy was created for close out-of-town friends or family of senior members.

****Seniors that attend the lunch program who are disabled and need caretakers to accompany them will be allowed to purchase lunch for their caretaker at the Senior Center price of \$3.50.**

SENIOR CENTER MEMBERSHIP

Seniors of Rocky Hill that wish to become a member of the Senior Center the membership is **FREE**. Out of Town Seniors that wish to become a member of the Senior Center, must pay an annual fee of **\$10.00** to participate in any senior programs.

SENIOR HEALTH INFORMATION:

HEALTH INFORMATION

NOTE: THE NURSE WILL NOT COME GET YOU. SENIORS NEED TO FIND THEIR OWN TRANSPORTATION TO THE SENIOR CENTER.

HEALTHCARE SERVICES

Every Monday
NO NURSE JULY 25!

9:45am - 11:45am

Sign up that day

FREE

Location: Nurses Office
Joan Haines - Certified RN

HEARING HEALTH SERVICES

2nd Thursday of the Month
July 14, 2016

10:00am - 11:00am

Cleans and Checks any hearing aid

FREE hearing test

Location: Nurses Office
Beltone New England

FOOTCARE PROGRAM

Monthly

Wednesday

July 13, 2016

APPOINTMENTS NECESSARY!

NO DIABETICS!

Cost: \$29.00 check or cash

Location: Nurses Office
Cathy Brennan - RN

Call 258-2786 to set-up appointments

**For any more information
on any of the health
programs the Center
offers, please contact
the Senior Center
Office at 860-258-2786**



HUMAN SERVICES INFORMATION:

FOOD PANTRY VOLUNTEERS:

The Town of Rocky Hill Human Services Department is seeking one or more volunteers to coordinate and put donations away in the food pantry. We would ask that the person(s) be available 2- 3 days a week for a couple hours a day or on an as needed basis between 8:30 am and 4:30 pm. The position does require some heavy lifting at times and great organizational skills. Anyone interested in volunteering their time please call The Rocky Hill Human Services at 860-258-2799.

RENTERS REBATE:

Human Services is now taking appointments for the Renter's Rebate program. OPM offers a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed \$35,200 single/\$42,900 Married. Persons renting their residence may be eligible for this program. Applications are being taken by appointment at Rocky Hill Human Services, between April 1st and October 1st. Please call 860-258-2799 for an appointment.

ROCKY HILL MINI BUS SERVICE:

Transportation for the elderly & disabled

Must reside in Rocky Hill

Call Charlene: 860-258-2701

Monday - Friday 8:30am - 10:30am



WEEKLY PROGRAMS:

TUESDAY SET BACK CLUB

Every Tuesday

12:30 - 2:30/3:00

Refreshments served

Room 1 - Senior/Community Center

**Apple Rehab: Supplying Goodies on
3rd Tuesday of the month**

MAHJONG GROUP

Every Thursday

1:00pm - 4:00pm

Room 7 - Senior Lounge

FREE

From beginners to experienced!

LOOKING FOR MORE PLAYERS!

WII BOWLING

Every Wednesday

1:00 - 3:00pm

Room 2/3

Senior/Community Center

No experience necessary! Come have a
good time and meet great people

FREE!

SENIOR WOOD CARVING CLASS

Wednesday

1:00pm - 3:00pm

Room 4 - Senior/Community Center

Open to Carvers of all expertise!

Drop In Program

\$2.00-payable to instructor

Instructor: Warren Blessing

SENIOR NEEDLECRAFTERS

Every Tuesday

10:00am - 12:00pm

Room 2 - Senior/Community Center

Bring your hooks, needles, craft

Projects etc.

All expertise welcome!

**We are looking for more knitters &
crocheters to join our group to help with
different projects we are working on to send
to various charity foundations.**

LOOKING FOR DONATIONS FOR YARN!

ROCKY HILL SERENADERS:

A big heart felt thank you for bringing joy to the
people with your beautiful voices.

Enjoy your summer and see you in September!

**For more information Contact the
Senior Center office 860-258-2786**

LUNCH & DINING INFORMATION:

BIRTHDAY BINGO

First Tuesday

July 5, 2016

12:45pm - 3:00pm

Sponsored by: Maplevue Manor

BINGO AT COMMUNITY CENTER

Monday, Wednesday, Thursday, Friday

Bingo is held after Lunch

12:45pm - 3:00pm

FEE FOR BINGO CARDS!

**Subject to change if there is no Bingo
Caller.**

SENIOR CENTER MEMBERSHIP

Rocky Hill Residents - FREE!

Out of Town Residents - \$10.00/annually

SENIOR CENTER LUNCH FEES:

Resident Members: \$3.50

Non-resident members: \$4.00

Residents Non-Members: \$5.00

Non Residents Non-Members: \$7.00

**LUNCH IS SERVED AT 12:00PM SHARP!
MUST REGISTER DAY IN ADVANCE!**




**To Register please call the Senior Center
Office 860-258-2786.**

JULY 2016
ROCKY HILL SENIOR LUNCH MENU

MENU SUBJECT TO CHANGE

SIGN UP AT LEAST ONE DAY IN ADVANCE

FRIDAY JULY 1: Cranberry Walnut Salad, Potato Salad, Rolls, Bev. & Dessert

MONDAY JULY 4	MONDAY JULY 11
 <p style="text-align: center;">CLOSED HAPPY 4TH OF JULY</p> 	Salisbury Steak Mashed Potatoes Green Beans Bread Coffee, Tea, Milk & Dessert
TUESDAY JULY 5	TUESDAY JULY 12
<p style="text-align: center;">“Birthday Bingo”</p> Stuffed Peppers Mashed Potatoes Corn Bread Coffee, Tea, Milk & Dessert <p style="text-align: center;"><u>LIMIT 45</u></p> 	Pasta w/ Sausage Salad Garlic Bread Coffee, Tea, Milk & Dessert
WEDNESDAY JULY 6	WEDNESDAY JULY 13
Hot Dogs Baked Beans Chips Coffee, Tea, Milk & Dessert	Cheese Burgers Homefried Potatoes Baked Beans Coffee, Tea, Milk & Dessert
THURSDAY JULY 7	THURSDAY JULY 14
Breaded Chicken Breast Au gratin Potatoes Beets Bread Coffee, Tea, Milk & Dessert	Kielbasa & Sauerkraut Pierogies Bread Coffee, Tea, Milk & Dessert
FRIDAY JULY 8	FRIDAY JULY 15
Vegetable Lasagna Caesar Salad Coffee, Tea, Milk & Dessert	Tuna Sandwich Clam Chowder Chips Coffee, Tea, Milk & Dessert

JULY 2016
ROCKY HILL SENIOR LUNCH MENU

MENU SUBJECT TO CHANGE
SIGN UP AT LEAST ONE DAY IN ADVANCE

MONDAY JULY 18	MONDAY JULY 25
Ham Sweet Potatoes Waxed Beans Bread Coffee, Tea, Milk & Dessert	Stuffed Cabbage Mashed Potatoes Corn Bread Coffee, Tea, Milk & Dessert
TUESDAY JULY 19	TUESDAY JULY 26
Baked Chicken Legs Rice Carrots Bread Coffee, Tea, Milk & Dessert	Cheese Ravioli Caesar Salad Rolls Coffee, Tea, Milk & Dessert
WEDNESDAY JULY 20	WEDNESDAY JULY 27
VOLUNTEER OF THE YEAR LUNCHEON PRE-REGISTRATION REQUIRED CATERED BY: WESTSIDE MARKETPLACE	Chicken Breast Florentine Scalloped Potatoes Beets Bread Coffee, Tea, Milk & Dessert
THURSDAY JULY 21	THURSDAY JULY 28
Breaded Fish Au gratin Potatoes Green Beans Bread Coffee, Tea, Milk & Dessert	Scallops Rice Peas w/ Mushrooms Bread Coffee, Tea, Milk & Dessert
FRIDAY JULY 22	FRIDAY JULY 29
Chicken Parmesan Caesar Salad Rolls Coffee, Tea, Milk & Dessert	French Bread Pizza Salad Coffee, Tea, Milk & Dessert

SENIOR LOUNGE:

Our new lounge is open!
(next to the nurses office)

Computers, magazines, chairs with
ottoman, and card tables.

A place where you can relax and meet up
with friends!

**If you have any questions or want more
information please call the Senior Center
At 860-258-2786 or 860-258-2757.**

NEW PROGRAM

BOOMERS PILATES

Mondays & Wednesdays
4:00pm - 4:45pm

JULY 11 - AUGUST 17

Rocky Hill Community Center Gym

COST: \$60.00/residents

\$65.00/non-residents

Instructor: Personal Euphoria

***Register at the Senior Center Office. Any
Questions please call 258-2786 or 258-2757.**

SENIOR CENTER CLOSED!

Senior Center will be Closed the last
Week in August for cleaning!

AUGUST 29-SEPTEMBER 2, 2016

WILL REOPEN

TUESDAY SEPTEMBER 6!

EXERCISE PROGRAMS:

T'AI - QIGONG CLASS

June 15 - August 10

Wednesdays 9:45am - 11:00am

COST: \$30.00/residents

\$35.00/non-residents

ZUMBA GOLD

June 16 - August 18

Thursdays 8:00am - 8:45am

COST: \$25.00/residents

\$30.00/non-residents

SENIOR STRETCH

June 13 - August 17

Mondays & Wednesdays 8:00am - 8:45am

COST: \$30.00/residents

\$35.00/non-residents

BOOMERS BOOT CAMP

June 14 - August 16

Tuesdays 8:00am - 8:45am

COST: 1 DAY session - \$25.00/residents

**IF YOU DO NOT SIGN UP FOR THE CLASS
WE ASK FOR A \$5.00 DROP IN FEE FOR EACH
CLASS ATTENDED.**

***Register at the Senior Center Office. Any
Questions please call 258-2786 or 258-2757.**

SUMMER WALK TRACK PROGRAM:

Walk Track hours are as followed:

***Monday thru Friday: 7:00am - 8:00am
1:00pm - 3:00pm***

BRING A FRIEND!!

COST: FREE!

**Please stop by or call the Senior Center
Office during business hours at
860-258-2786 for more
information about any of the programs
offered.**

STEPNEY SENIORS

Calling all Seniors (active or those who want to be active). Meetings are held every Thursday starting at 10:30am. Come early for the raffle. Bingo or cards after each meeting Call 860-529-7385 Neil McPhee.

We thank the Rocky Hill senior staff for all their assistance during the past year. Stepneys will meet informally for bingo and cards during the summer. Meetings will resume in September!

Have a Great Summer!

**SENIOR NEEDLECRAFTERS
GROUP PROJECT:****Senior Craft Group Members**

Lisa R., local artist and preschool teacher is offering a craft project on the **2nd Tuesday of the month. To participate you MUST be a MEMBER of the Senior Center!**

Small fee to cover materials!

PROJECT WILL BE ON JULY 12

**Pre-registration is required,
call 860-258-2786 or 860-258-2757.**

THANK YOU!

To the Rocky Hill Crafters for making blankets, wool caps, and cotton chemo hats, and sending them to the Oncology Department. The patients are forever grateful! Just that one little gesture can make someone's day!

ROCKY HILL SENIOR CLUB

The Rocky Hill Senior Citizen Club meets on Fridays at 10:30am at Rocky Hill Community/ Senior Center, a Social hour follows. Open to all 55 years old and older. Please join us!!

HAVE A HAPPY AND SAFE SUMMER!

**MUNICIPAL AGENT FOR THE
ELDERLY**

Please welcome Erinn as the new part time Case Manager/ Municipal Agent for the Human Services department.

Need help or have questions regarding prescription coverage, insurance, issues, SNAP (a little help with buying groceries) or getting ready to retire, just to name a few.

**Call Erinn at 860-258-2021 to make
an appointment**

SENIOR TASK FORCE

Have a safe and enjoyable summer! See everyone back in September.

**NEXT MEETING:
SEPTEMBER 12, 2016**

MONTHLY CALENDER

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
				July 1: 7:00-8:00: Walk Track 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 2:00 - 3:30: Walk Track
July 4: CLOSED! 	July 5: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-12:00: Knitters Group 12:00: Lunch 12:45: Birthday Bingo 12:00-3:00: Setback 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track	July 6: 7:00 - 8:00: Walk Track 8:00 - 8:45: Sr. Fitness 9:45 - 11:15: T'ai Chi 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	July 7: 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 12:00: Sr. Lunch 12:45 - 3:00: Bingo 12:45 - 3:00: Cards 1:00-4:00: Mahjong 1:00 - 3:00: Walk Track	July 8: 7:00-8:00: Walk Track 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 2:00 - 3:30: Walk Track
July 11: 7:00-8:00: Walk Track 8:00 - 8:45: Sr. Fitness 9:45 - 11:45: Nurse 12:00: Sr. Lunch 12:45-3:00: Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track 4:00-4:45: Boomer Pilates	July 12: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-12:00: Craft Group 12:00: Lunch 12:00-3:00: Setback 12:45-3:00: Hollywood Cards 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track	July 13: 7:00-8:00: Walk Track 8:30-3:30: Footcare 8:00 - 8:45: Sr. Fitness 9:45- 11:00: T'ai Chi 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track 4:00-4:45: Boomers Pilates	July 14: 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 10:00 - 11:00: Hearing Clinic 12:00: Sr. Lunch 12:45 - 3:00: Bingo 12:45 - 3:00: Cards 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	July 15: 7:00-8:00: Walk Track 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 1:00 - 3:30: Walk Track
July 18: 7:00-8:00: Walk Track 8:00 - 8:45: Sr. Fitness 9:45 - 11:45: Nurse 12:00: Sr. Lunch 12:45-3:00: Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track 4:00-4:45: Boomer Pilates	July 19: 7:00-8:00: Walk Track 8:00-8:45: Bootcamp 10:00-12:00: Knitters Group 12:00: Lunch 12:00-3:00: Setback 12:45-3:00: Hollywood Cards 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track	July 20: 7:00-8:00: Walk Track 8:00 - 8:45: Sr Fitness 9:45 - 11:00: T'ai Chi 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track 4:00-4:45: Boomer Pilates	July 21: 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 12:00: Sr. Lunch 12:45 - 3:00: Bingo 12:45 - 3:00: Cards 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	July 22: 7:00-8:00: Walk Track 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 1:00 - 3:30: Walk Track
July 25: 7:00-8:00: Walk Track 8:00 - 8:45: Sr. Fitness 9:45 - 11:45: NO NURSE 12:00: Sr. Lunch 12:45-3:00: Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track 4:00-4:45: Boomer Pilates	July 26: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-12:00: Knitters Group 12:00: Lunch 1:00 - 2:00: Lunch & Learn 12:00-3:00: Setback 12:45-3:00: Hollywood Cards 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track	July 27: 7:00-8:00: Walk Track 8:00 - 8:45: Sr Fitness 9:45 - 11:00: T'ai Chi 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track 4:00-4:45: Boomer Pilates	July 28: 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold. 12:00: Sr. Lunch 12:45 - 3:00: Bingo 12:45 - 3:00: Cards 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	July 29: 7:00-8:00: Walk Track 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 1:00 - 3:30: Walk Track

SPECIAL SENIOR EVENTS:

MOHEGAN SUN CASINO TRIP:

There will be no Casino Trip for the month of July. Next trip will be in August.

Thank you

NEXT TRIP: AUGUST 19, 2016!

SUMMER CONCERT SERIES:

July 7(raindate: July 12) Jus Us

July 14(raindate: July 19) Larry Stevens

July 21(raindate: July 26) 7 Bridges Road

July 28(raindate: Aug. 2) Rave On

August 3(raindate: Aug. 9) Amish Outlaws

Veterans Memorial Amphitheatre

6:30pm - 8:30pm

**FOR MORE INFORMATION PLEASE VISIT
WWW.RHPARKREC.ORG**

SUMMER IS IN THE AIR!

BOCCE BALL & SHUFFLEBOARD

FREE!

**Come on over to the Rocky Hill Senior
Center and check out the new
Bocce Ball Court and Shuffleboard.**

**Bring your own equipment or use our sets!
For more information please call the Senior
Center Office @ 860-258-2786.**



SENIOR TRIPS:

(More Trips are located on Senior
Bulletin Board)

TRIPPING WITH RITA PRESENTS:

ROCKY HORSE RESORT

Tuesday, September 6 - Friday, September 9

4 Days, 3 Night trip

Price: \$499.00/per person Double

\$489.00/per person Triple

\$619.00/per person Single

For reservations and more information:

Rita Thibodeau - (860)563-9803

ADVENTURES WITH LOIS PRESENTS:

CHRISTMAS ON THE DANUBE

DECEMBER 2 - DECEMBER 10, 2016

9 Days, 19 Meals:

7 Breakfasts, 5 Lunches, 7 Dinners

Book Now and save \$150/per person!

Lower Outside Double: \$3,229

Middle Outside Double: \$3,429

Upper Outside Double: \$3,529

Suite Double: \$3,679

Included in Price:

Included in Price: Round trip air from new
York, Air Taxes and Fees/Surcharges, Hotel
Transfer

**For reservation info: Lois Morton
(860)529-2797**

loisjmorton@cox.net

ALL YOU CAN EAT LOBSTER

TUESDAY, JULY 12, 2016

The Delaney House

Holyoke, MA

GREAT LOBSTER! GOOD FUN!

Musical Performance following lunch:

Michael McGeehan

COST: \$94pp based on 40-52

Depart: 9:45am - Elm Ridge Park, RH

Return: 4:45pm - Rocky Hill

**For reservation info: Lois Morton
(860)529-2797**

loisjmorton@cox.net

VOLUNTEER OF THE YEAR LUNCHEON

WEDNESDAY JULY 20, 2016

COST: \$5.00/ALL MEMBERS

\$7.00/NON-RESIDENTS

PRE-REGISTRATION REQUIRED!

LIMIT OF 65

CATERED BY WESTSIDE!

Please stop by the Senior Center Office
Monday-Friday 8:30am—4:30pm or by
calling 860-258-2786.

TAKING REGISTRATIONS: JULY 1!

SUMMER LUNCHEON - June 15, 2016



NEW PROGRAM

LUNCH & LEARN PROGRAM

The Lunch & Learn seminars continue to be successful.
The participants really seemed to enjoy themselves!

Next Seminar:
Tuesday, July 26, 2016

Speaker
High Hopes Therapeutic Riding

Rocky Hill Community Center
Room 2 & 3

1:00pm - 2:00pm
FREE!

REGISTER IN ADVANCE!

**LUNCH NOT INCLUDED, MUST SIGN UP FOR
LUNCH SEPERATELY!**

Please call the Rocky Hill Senior Center
Monday - Friday 8:30am - 4:30pm
for more information or to register.
860-258-2786 or 860-258-2757.